

## WHAT IS CLAIMED IS:

1. A balanced stepper, comprising:

5 a base, a support stand, a fixed board, a buffer oil-pressure cylinder, an adjustable link bar, a side link bar, a lower link bar, and a pedal; characterized in that said base being a H-shape frame member set on a floor, and having a fixed board at its middle position, said fixed board being pivotally coupled to a V-shape support stand with the adjustable link bars, and the left and right ends of each support stand respectively coupled with said side link bar, lower link bar and fixed board to constitute a linking mechanical structure with four link bars, and a pedal being  
10 disposed at the top end of said side link bar, and a bolt member being disposed on the outer end of each of the left and right support stands, and said buffer oil-pressure cylinder not parallel to said support stand being disposed and pivotally coupled between said bolt and fixed board.

2. The balanced stepper of claim 1, wherein said adjustable link bar coupled to said  
15 left and right support stands comprises a pulling structure capable of adjusting the length of the adjusting link bar.

3. The balanced stepper of claim 1, wherein said adjustable link bar coupled to said left and right support stands comprises a handle for carrying the stepper.

4. The balanced stepper of claim 1, further comprising a rubber pad disposed  
20 between said base and lower link bar.